

# hapitimes

AT  
ROCHESTER HIGHLANDS

## FOOD SAFETY TIPS

1 in 6 Americans experience foodborne illness every year. September is Food Safety Information Month, a great time to learn how to keep you and your family safe in the kitchen.

**Washing.** Be sure to wash your hands for 20 seconds with soap and water before, during, and after you prepare food, then again before eating. Also wash cutting boards, counter and stovetop surfaces, dishes and utensils with hot, soapy water. This is especially important when working with raw meat, poultry, seafood, and eggs. Use the hot setting to clean dish cloths in the washing machine.

**Cooking.** Food needs to be cooked at a high enough temperature to kill harmful germs. Using a food thermometer is the way to check if your food is cooked safely. Most whole meats: 145°F; ground meats: 160°F; poultry: 165°F; fish with fins: 145°F, when it looks opaque and separates easily; leftovers and casseroles: 165°F.

**Storing.** Put food away within 2 hours of preparation (1 hour if it's exposed to 90-degree temperatures, like at an outdoor BBQ or picnic). Keep raw meat, poultry, seafood and their juices away from other foods when shopping, cooking and storing in the fridge. Make sure produce packagers and containers do not leak into other foods.

### Preparing.

Do not wash raw chicken or other meats before cooking, as this can spread germs to other foods or surfaces. Rinse fresh fruits and vegetables under running water. Use one cutting board or plate for preparing raw meat, poultry, and seafood. Use a separate cutting board or plate for other meal items that you are not cooking. Do not thaw frozen meat on the counter, as bacteria can multiply quickly at room temperature; thaw food safely in the refrigerator, in cold water, or in the microwave.

Find out more: [www.foodsafety.gov](http://www.foodsafety.gov)

## HAPI meals

### Mushroom and Beef Sloppy Joes

#### Ingredients

1/2 pound white button mushrooms  
1/2 pound cremini mushrooms  
1/4 pound 90% lean ground beef  
1 1/2 tablespoons canola oil  
1/2 cup chopped onion  
1 clove garlic, minced  
1 can 8 oz. no-salt-added tomato sauce  
1 tablespoon chili powder  
3 teaspoons brown sugar  
1 teaspoon cider vinegar  
1/8 teaspoon ground black pepper  
4 whole wheat buns



#### Instructions

- Chop mushrooms to approximate size and texture of cooked ground beef.
- Heat a sauté pan over medium-high heat.
- Add ground beef and mushrooms, and cook.
- Sauté until ground beef is done.
- Remove mushroom-beef mixture from pan.
- Add onions and garlic to pan; cook until golden.
- Return mushroom-beef mixture to pan, along with remaining ingredients.
- Simmer about 10 minutes; remove from heat.

Recipe: [www.myplate.gov](http://www.myplate.gov)

## Property News

**New Cash Machine:** Find the new cash machine in the laundry room, across from the office. Residents can now use cash or CC for laundry machines. Regular capacity washers: \$1.90; large capacity washers: \$3.00; regular dryers: \$1.90; large capacity dryers: \$2.25. Laundry cards can also be purchased at the new cash machine.

## Community Offerings and Events

Call 585-216-1887 ext. 4 to register for free events at the Community Center. (More on the calendar.)

### National Quesadilla Day Celebration.

Monday, September 25, 2:30 to 3:30 pm; register by Thursday, September 21. Join us for a tasty quesadilla and get recipes.

### Story Hour & Music and Eat & Exchange with

**Chelse.** Wednesdays in September, 6 to 8:30 pm, for adults and children up to age 5. Encourage an early love for literacy while moving to music and having fun with the littles. A family-style meal will be served.

**Craft Class: Clay Molding.** Thursday, September 14, 1 to 2:30 pm. Clay molding stimulates the creative side of your mind while you focus your attention on your hands for eye coordination, which can lower stress hormones. Join us and let your creativity flow!

**Swim Lessons:** Are you or a family member interested in learning to swim? Would you be interested in open swim or water aerobics? Jewish Family Services is looking into funding to offer these activities along with transportation to the pool site. Please call 585-216-1887 ext. 4 and let us know if you are interested.

**Game Time: Jeopardy.** Tuesday, September 5, 2 to 3 pm. The live version of the TV trivia show is an engaging and interactive way to test and expand your knowledge on a wide range of topics, improve your recall abilities, and enhance critical thinking skills.

**Game Time: UNO.** Thursday, September, 1:30 to 2:30 pm. UNO is great for building social skills and patience. It's also one of the only games that can be enjoyed by players of all ages!

### Take-and-Make Meal: Roasted Spice Squash.

Thursday, September 28, 1 to 1:30 pm; register by Thursday, September 14. Get the recipe and ingredients for this squash dish that is packed full of flavor with fall spices, including brown sugar, warm apple cider, and fresh rosemary.

**Gardening Group.** Every Tuesday, 11:30 am to 12:30 pm. Joining a gardening group can be a therapeutic and stress-relieving activity, while also providing a supportive environment to unwind and relax. Join for a chance to socialize and build friendships, which can add to your overall sense of well-being!

RESIDENT  
spotlight



## HAPI health tips

Simple ways to help prevent childhood obesity:

- Serve mostly fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy
- Encourage more exercise and movement
- Ensure good sleep
- Shop for fresh produce and cook healthy foods together as a family

